

BURLINGTON HEALTH DISTRICT – 2014-2015 BRFSS DATA

Health Status Indicators

	Burlington		Vermont
	Estimated Adults**	%	%
General Health Status is Fair or Poor	8,000	7%	13%
Have Personal Health Care Provider	95,000	88%	88%
Have Health Insurance, Ages 18-64	83,000	96%	93%
Did Not Visit Doctor Due to Cost, in Last Year	8,000	7%	8%
Poor Physical Health ^D	7,000	7%	11%
Poor Mental Health ^D	9,000	8%	11%
Disabled ^D	22,000	20%	23%

Preventative Behaviors and Health Screening

	Burlington		Vermont
	Estimated Adults**	%	%
Flu Shot in the Last Year, Ages 65+	13,000	67%	61%
Pneumococcal Vaccine, Ever, Ages 65+	15,000	78%	76%
Routine Doctor Visit, in Last Year	72,000	67%	70%
Dental Visit in Last Year*	81,000	77%	72%
Any Teeth Extracted, Ages 45-64	14,000	38%	49%
Cholesterol Screened, in Last Five Years*	79,000	77%	76%
Ever Tested for HIV	37,000	35%	34%
2+ Daily Fruit Servings*	35,000	34%	32%
3+ Daily Vegetable Servings*	24,000	23%	20%
5+ Daily Fruit & Vegetable Servings*	23,000	23%	20%
Met Physical Activity Recommendations* ^D	64,000	61%	59%
Met Strength Building Recommendations ^D	38,000	36%	30%
Use Community Resources for Physical Activity	72,000	71%	58%
Breast Cancer Screening, Women 50-74* ^D	17,000	82%	79%
Cervical Cancer Screening, Women 21-65* ^D	31,000	88%	86%
Colorectal Cancer Screening, Ages 50-75* ^D	29,000	77%	71%

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Risk Behaviors

	Burlington		Vermont
	Estimated Adults**	%	%
Adverse Childhood Experiences (ACE), Four or More ^D	14,000	14%	14%
Binge Drinking, in Last Month ^D	24,000	22%	17%
Heavy Drinking, in Last Month ^D	9,000	9%	8%
Marijuana Use, in Last Month	12,000	11%	11%
Prescription Drug Misuse, Ever ^D	7,000	7%	7%
Smoke Cigarettes, Currently*	13,000	13%	17%
Made Quit Attempt in Last Year*	8,000	60%	57%
Use Smokeless Tobacco, Currently	2,000	2%	4%
No Leisure Time Physical Activity*	17,000	15%	21%
Seldom or Never Use Seatbelt	3,000	2%	4%

Disease Prevalence

	Burlington		Vermont
	Estimated Adults**	%	%
Arthritis, Ever Diagnosed	25,000	23%	27%
Asthma, Current Diagnosis	12,000	11%	11%
Cancer Diagnosis, Ever			
Skin Cancer	8,000	8%	7%
Non-Skin Cancer	7,000	6%	7%
High Cholesterol, Ever Diagnosed	26,000	30%	34%
Chronic Obstructive Pulmonary Disease, Ever Diagnosed	5,000	5%	6%
Cardiovascular Disease, Ever Diagnosed ^D	6,000	6%	8%
Depressive Disorder, Ever Diagnosed	24,000	23%	23%
Diabetes, Ever Diagnosed	7,000	6%	8%
Hypertension, Ever Diagnosed*	27,000	23%	25%
Overweight, Ages 20+*	36,000	36%	35%
Obese, Ages 20+*	18,000	18%	25%

Key Information

All District Office estimates are based on two years of data, except that for adverse childhood experiences which are based on 2011 data only. All others are 2011-2012 (community resources for physical activity), 2012 & 2014 (oral health & cancer screening), 2013 & 2015 (physical activity & strength building, cholesterol, hypertension, & fruit and vegetable consumption), or 2014-2015 (all others).

*Percent is age adjusted to U.S. 2000 population.

**Estimated counts are rounded to the nearest thousand Vermonters and not age-adjusted. For measures where the percent is calculated using two years of data, the estimated count is divided by two to provide an average number of individuals with the behavior or condition.

■ Indicates statistically different from Vermont.

Definitions:

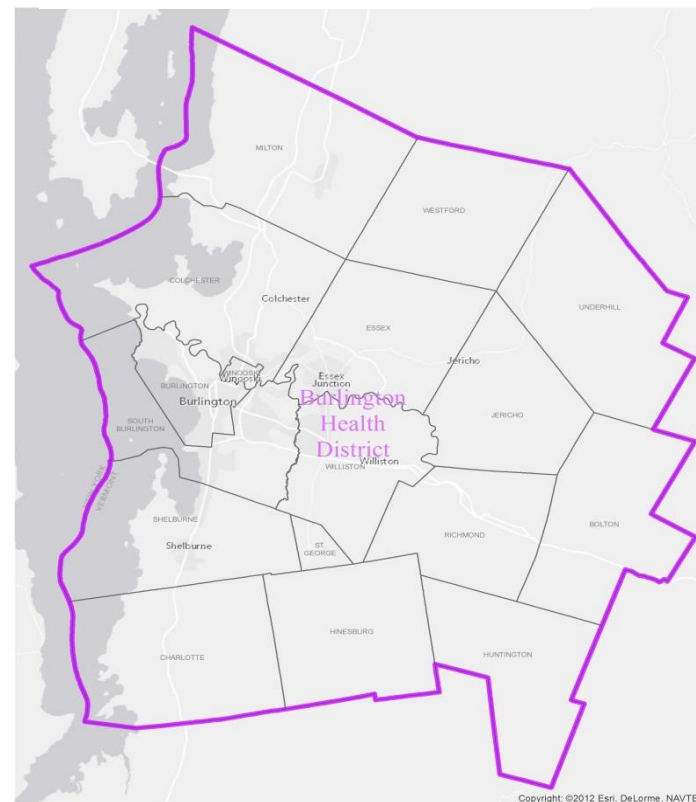
- Poor physical health: 14 or more poor physical health days in last month.
- Poor mental health: 14 or more poor mental health days in last month.
- Disabled: activity limitations due to physical, emotional or mental problems OR any health problem that requires use of special equipment.
- Prescription drug misuse: used a prescription drug without your own prescription.
- Physical activity & strength building recommendations:
 - Physical activity: 50 minutes of moderate activity or 75 minutes of vigorous activity per week.
 - Strength building: At least twice per week.
- Cancer screening recommendations:
 - Breast cancer: Mammogram in the last two years.
 - Cervical cancer: PAP test in the last three years.
 - Colorectal cancer: are a fecal occult blood test (FOBT) annually OR sigmoidoscopy every five years and FOBT every three years OR colonoscopy every ten years.
- ACE: for more information see www.cdc.gov/ace.
- Binge drinking: five or more drinks for men and four or more for women.
- Heavy drinking: more than two drinks daily for men/more than one for women.
- Cardiovascular disease: ever had coronary heart disease, a stroke or a myocardial infarction.

For more information about Vermont towns in each health district please go to:

<http://healthvermont.gov/gis/#data> and download the file [VDH_Geographies_Apr2013.xlsx](#)

Burlington Health District

2014-2015 Behavioral Risk Factor Surveillance System (BRFSS) Data



For more information about the BRFSS, please contact:

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